



Picture Nikki Edginton

### Towards a greener future

**O**n a cold winter's day, with snow on the ground, we understandably may not be giving much thought to global warming. However, I think many of us are, to a varying degree, worried about climate change and what the future may hold for our children and grandchildren. But it is sometimes easier to close our minds to this, especially if we baulk at the idea of going vegan, getting on our bikes instead of into a car, or forgoing flights to sunnier climes - when that

becomes possible again! Some still have doubts that humans have changed the earth's climate but a recent overview from the Royal Society (a Fellowship of many of the world's most eminent scientists and the oldest scientific academy in continuous existence) concludes that it is now more certain than ever, based on many lines of evidence, that the atmosphere and oceans have warmed, sea levels have risen, and there has been a loss of Arctic sea ice, as well as other climate-related changes.

The impacts of climate change on people and nature are increasingly apparent. With unprecedented flooding, heat waves, and wildfires, habitats are undergoing rapid shifts in response to changing temperatures and precipitation patterns. There have also been shorter-term variations due to natural causes, but the report states that “these do not contradict our fundamental understanding that the long-term warming trend is primarily due to human-induced changes in the atmospheric levels of CO2 and other greenhouse gases.”

For us, as individuals, there are so many things that we could do to reduce our impact on the environment that the whole process begins to seem unwieldy and confusing, plus the fact that it is hard to make any slightly uncomfortable changes if one cannot measure the difference that they have made – after all, the only thing that encourages us to stay on a diet is seeing the result on our scales! If we have to make changes in our lifestyles, it is easier to do it alongside our friends and neighbours and so, on behalf of the Parish Council, I am looking into how the national Greening Campaign organisation and a local group with similar aims can help with this.

In the meantime, I would be glad to hear from anyone who would be interested in forming a local group to work on this. In the WoSP, I will put in a few ‘greener’ suggestions each month and would be glad to receive your ideas as well.

This month’s green suggestions from a recently published list.

1. Slow down. Driving at 50mph uses 25% less fuel than 70mph.
2. Soak up the sun; even in Britain, solar panels can produce a surprising

amount of energy.

3. Buy less. Save time and money as well as the planet.

4. Have heavy curtains rather than blinds as curtains keep in more heat in winter.

5. And lastly—one to cause Ed. and a few others I know to groan out loud – eat British-grown Brussel sprouts rather than Kenyan mangetout.

*Di Landon  
diana.landon12@gmail.com*

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## Parish Council

**W**e’re all getting horribly familiar with the use of Zoom now, but the internet difficulties in this area seem to mean that at least one of us encounters some sort of glitch each month and this month was Peter Radley’s turn. Otherwise we got off to a smooth start with the minutes of last month’s meeting agreed and no declarations of interest made.

There were three planning applications – one for cattle housing at Brook Farm, one for a single storey rear extension and conversion of an outbuilding to provide ancillary living accommodation at Gordonville in Northwood Green and one for a two-storey rear extension at Rose Cottage in Rodley. All encountered no objections. Fiona then reported that the application by Severn and Wye Smokery for a building to accommodate two bio-mass boilers and provide workshop and staff welfare facilities had been granted as had an application for the replacement of a sewage pumping station. The application to erect a rural agricultural manager’s dwelling at Moys Hill Farm in tran

Strand Lane was to be heard by the planning committee the following day. We then moved on to the subject of the proposed development in the Churcham/Highnam area. Two consultants have given their reports on the proposal to the six parishes (including Westbury) and these are highly critical of the plan. The lack of consultation with Tewkesbury District Council was cited as a “clear breach of national guidance” and one consultant found it “difficult to understand how this proposal can have reached this stage without some attempt to identify the likely infrastructure required.” He also said that it appeared that there had been no discussion or consultation with “the relevant statutory bodies including the highway authorities who have road structure that will be affected.” One judged it to be “at best ill-considered and at worst reckless.” While the appalling weather and resultant flooding of 23<sup>rd</sup> December caused enormous problems for many, it did at least serve to highlight the flooding issues that this area encounters, and we hope this will work in our favour. It is also possible that the government may revise their housing requirement in view of the steady decline over the last eight years in the UK’s birth rate. The consultation period ended on 29<sup>th</sup> January. Chairman Simon Phelps reported that the proposal will be discussed again by the District Council before the end of March.

**Finance** All was well with the accounts and so we moved on to the subject of the grass cutting contract. Several tenders had been received and after some discussion it was agreed that Anthony Moverley would be asked to care for the grass verges and the grass at the play areas at the Parish Hall and North-

wood Green and the burial ground, while James Walkley-Cox would be asked to take on the grass-cutting in the closed churchyard. The last few years of trying to care for the closed churchyard in a way that encourages wildflowers and wildlife, while at the same time trying to keep it accessible, pleasant to



visit and a tidy backdrop for weddings has shown us that this requires considerably more time than initially expected and it also needs someone with enthusiasm and expertise in gardening for wildlife to take it on.

Fiona had drafted a budget for 2021/22 which she had sent out to us for consideration. There are several areas in which we are expecting increased expenditure. Although we have no exact figure as yet for the drainage of the school playing field, we know that it will be a very costly exercise to meet the demands of Sport England, as required by the planning department. The cost of caring for the churchyard will be increased (as mentioned above) and the play area is in need of some attention, as is the churchyard wall. So it was agreed that the precept would have to be increased to an amount which would mean an increase of approximately £5.66 per annum on the Council Tax for a Class D property. It is especially hard

to make this increase at such a difficult time for many but we are hoping that, once the playing field and burial ground are completed, the precept can be reduced again.

### **Highways**

Simon had arranged a tour of the problems in the parish with Nathan Choat, the Highways Officer, the following day. He had a list of twenty issues that require attention, including three landslips, serious erosion outside Elton Farm and beneath Boseley Bridge and numerous potholes and sites where considerable flooding and damage has occurred. John Henry reported that there had been water all over the road down Goose Lane in Bollow for ten days following the heavy rain, and he could see that all the drains were blocked. Simon has since reported that Nathan had shown concern about these issues and the good news is that Nathan and his team turned up and cleared all the drains in Goose Lane the following day. The flooding that had caused such problems just before Christmas was discussed and Simon, on behalf of the Parish Council, expressed our gratitude to all those who did so much to help the people who were stranded on the A48. The Lyon, Severn and Wye Smokery and the Severn Bore gave shelter to many, and numerous drivers of tractors and 4x4s helped people get home or to safety. Simon also reported that the water level in the Longhope/Westbury Brook had risen so much that the flooding in the road was 4 ft deep in places. The sewers had been unable to handle the volume of water and this had led to fountains appearing at Stantway and in Northwood Green. Some properties came close to being flooded and it was agreed that we need at least one base in

the parish where people can collect sand and bags in future. In the meantime, Simon has collected bags and has sand so, if needed, please let us know. We also agreed that we should review our emergency plan at next month's meeting, especially in the light of the lockdown situation.

### **Burial Ground and extension**

Simon and Rob Worlock were meeting drainage engineers this week and so we hope to have a better idea of the costs involved once they submit their quotes. The burial ground hedge has got very overgrown and the intention is to remove it, but unfortunately the weather closed in before it could be done last autumn, so it was agreed that it would be tidied up and then removed in the spring.

**Play Area** Fiona had requested an estimate for jet washing the wetpour surface, but John Henry and Peter Radley have offered the use of their pressure washers, so we agreed to do the job ourselves after the lockdown which will save over £400. Fiona will order some new swing seats to replace the split ones.

**Footpaths** We had received a report of a footpath that was completely blocked at Frewins and Mike Townsend has reported this. A couple of bridges near Ley Woods are rotting and need repair and Mike is in frequent contact with Jeff Wheeler of the Public Right of Way team. People are obviously walking our footpaths much more during the lockdown and if you come across any blockages, please let us know.

**Other matters** It was good to hear that the enforcement 'team' at the District Council has grown from one member to three, so it is hoped that breaches of planning regulations may be followed

up more quickly in future.  
Our next meeting will be on Monday  
15<sup>th</sup> February at 7pm on Zoom.  
*Di Landon*

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**A message from the Chair of the Hall**  
**L**ockdown means that Westbury-on-Severn Parish Hall will have to remain closed until further notice.

Although closed, there are still utility bills to pay and equipment to service, and even when we were open there were so many events cancelled due to the government restrictions that our revenue almost came to a standstill. We were eligible for a government grant back in the Summer, but these funds are now dwindling.

We hope that when we can re-open, the community will support our Parish Hall and we will strive to organise some fund raising events that will suit all tastes.

Stay Safe

*Jan D'Ambrogio* Westbury PHMC



**T**here were nine little rectangles on the January Zoom screen. There's a sentence that would have confused the reader a couple of

years ago and they might have been surprised to learn that it referred to the January meeting of the Parish Hall Management Committee. Chair Jan D'Ambrogio opened the meeting by wishing us all a Happy New Year, followed by the confirmation that the Hall was still closed due to the current Covid-19 emergency. Nevertheless, the boiler had been serviced and Mike Edginton has fixed the leak in the changing room roof, having repaired the lead flashing around the vent pipe. All restless energy, Mike went on to explain that he was waiting for better weather so he could fill the potholes in the car park.

Jan reported on behalf of the Treasurer, Sarah Mitten, that the Treasury was in good health, despite the current lack of revenue. Gen Riley noted that her husband Mick (a former Treasurer) was investigating the possibility of a grant in view of our enforced closure.

Jan had other news, including the fact that our Performing Rights Society and Public Performance Licences applied only to events put on by the Hall itself, and other organisations would need to apply for a separate licence. It was thought that this would have implications for Westbury Players and Westbury School. She went on to confirm that she intended to apply for a personal liquor licence, but regretted that her search for the water meter had been fruitless. She and husband David continue to monitor the Hall, going in regularly to check on its condition, and would continue to do so for the duration of the emergency. She stressed that the Hall would remain closed for as long as restrictions remained in place, and when it eventually re-opened whatever protocols were in place would be strictly observed. . User groups would also have to assume responsibility for their

own organisations' observance of the rules.

On that admonitory note, the short meeting drew to a close. *Ed*



### A Night to Remember...part 2

**M**ore tales of the flood. For many, the night of December 23<sup>rd</sup> last year will be a night to remember, although they may prefer to forget it. In our last issue we described how local people came to the rescue of many folk stranded by the rising waters. We thought that readers might appreciate a bit more detail about how the emergency played out, and how those we mentioned contributed to the rescues.

One Good Samaritan, Richard Cook, eventually got to bed at a few minutes past two in the morning, having opened his restaurant at the Severn & Wye Smokery so that distressed travellers could use the loos, and have a bite to eat, and, yes, have a sleep there. He even threw open his own house. One poor chap was so thoroughly soaked by his ordeal, that Richard lent him a change of clothes. Another had arrived to rescue his daughter and became stranded himself, so Richard gave them both fish and chips, a shower and a bed each in the farmhouse.

A similar story was playing out in the village, where Andrea and Craig Collins, the new owners of The Lyon,

who were anticipating a full restaurant, began to receive flood related cancellations and no-shows. However, together with Breanna and Tom, they were kept busy helping stranded travellers, including one poor lady who had to abandon her car and wade through the water to safety, and gratefully accepted a bed for the night.

Jason Thomas, who lives in Colchester Close, was about to leave for home from work at Mark Sealey Agricultural Services up at Pope's Hill when he heard about the situation from Justen Sterry. He asked his employer if he could take one of the tractors home and he readily agreed. By the time Jason arrived in Westbury the police and fire and rescue services had left the scene, with a car stranded in the middle of the road. Having pulled it to safety, he then towed a further couple as far as Elton Corner, creating a bow wave which protected the vehicle behind the tractor. Two other cars were successfully jump started. He then escorted a milk tanker to local dairy farms. This short account, which may not have the sequence of events in exactly the right order, will not take long to read, but Jason was at the scene for over four hours, and by the time he felt he could go home it was about 1am. We also understand that Jake Bennett worked through the night on his tractor ferrying people to safety, and Nikki Edginton was on hand with advice for disorientated travellers.

Neither the Smokery nor the Lyon need any help from us, but should you wish to contact either one of them, the Severn & Wye Smokery restaurant is opposite Chaxhill Garage, phone number 01452 760191, and in the current crisis they are providing a takeaway service in front of the restaurant.

Similarly, The Lyon is providing a take-

away service on Friday and Saturday, and a Sunday lunch takeaway, and Afternoon Tea! A delivery service is available on some days. Find them on Facebook and Instagram, by email [hello@thelyoninn.co.uk](mailto:hello@thelyoninn.co.uk) or at [www.thelyoninn.com](http://www.thelyoninn.com).

When this Covid madness is behind us and life returns to something like normal we are going to need these establishments to cope with the pent up demand which is already beginning to manifest itself. *Ed*



*In this rather fuzzy picture you may just make out the outline of a cheeky squirrel who regularly invades the bird feeder attached to our window. Happily he/she is not heavy enough to detach the suckers, so when he/she departs, there is still something left for the birds. However this picture is a reminder (as if one was required) to clean the window, come the fine weather, of course.*

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I love Mickey Mouse more than any woman I've ever known  
*Walt Disney*

### **Elvers Preschool at Westbury-on-Severn C of E Primary School**

*Sessions available Monday-  
Friday term time*

Morning session 8.45-12, afternoon session 12-3, full day 8.45-3

We take children from 3 years.

15 and 30 hours funding available.

Run by caring and qualified staff. Our Preschool children benefit from the close working relationship with the Reception children and staff and the wider school environment. Children have the opportunity to participate in weekly Forest School and PE sessions.

*If you would like more information, please contact Mrs Cox our Administrator on 01452 760303 or [admin@westbury-on-severncofe.gloucs.sch.uk](mailto:admin@westbury-on-severncofe.gloucs.sch.uk)*

We look forward to welcoming you and your child into our Westbury family.

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*A well-known atheist visits a humble country vicar. After exchanging cordial greetings, the atheist notices a silver and gold model of the Earth and the solar system on the vicar's desk.*

*"That's amazing", he said. "I'd love one of those. Who made it?"*

*"Oh, nobody made it," replied the vicar." It just happened."*

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Know yourself. Don't accept your dog's admiration as conclusive evidence that you are wonderful.

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*When we have provided against cold, hunger and thirst, all the rest is just vanity* Seneca

*I'm afraid we missed the Walmore Hill news in our January edition but we're sure you will still be happy to read about what the children did at Christmas.*

### **Walmore Hill News December, 2020**

**T**he end of term was a special time at Walmore Hill even though we had to adapt some of our Christmas festivities this year.

We were able to make a film of the children singing Christmas songs for their parents to enjoy at home. The Cygnets children wore their costumes and sang songs from a Nativity play called 'Whoops-a-Daisy Angel'. They were so excited about dressing up even though they were not able to act on the stage this year. The children in Swans Class wore their Christmas jumpers and sang a selection of carols. They particularly enjoyed singing 'The Twelve Days of Christmas'.

The children also took part in a singing session with the clients and helpers at Foxes Bridge Day Centre in Cinderford. Last year we went on a minibus and sang at the Day Centre. Even though we couldn't be there in person the Zoom session worked really well and everyone took part with enthusiasm!

Instead of going to the Everyman Theatre we all had great fun watching a virtual pantomime 'Jack and the Beanstalk'. The children and staff dressed up for the occasion...in fancy dress or Christmas jumpers.

The children also enjoyed making Christmas cards and opening a door every day on our class Advent calendar. Even though our Christmas festivities were a little different this year there was still a sense of excitement and antici-

pation in the air!

The children have continued to thrive this term...They have developed friendships, played happily together and have worked hard in all of their lessons. I hope they are enjoying the break and I'm sure they will have lots to talk about on their return to school. Let's hope everything will be well in the coming months for all of our children and their families.

*Mrs. Suzanne Loten, Cygnets Class Teacher*

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### **Walmore Hill News January, 2021**

**H**ere we are again in another Lockdown...Our school is open and some of our children are attending and following their normal routines. For the rest of our children they are at home, engaging with remote learning or working through learning packs. We have started using Google Classroom again and we are adding new work every day. It is lovely when parents and children write a comment or add a photo to the Google Classroom 'stream'. We have regular zoom meetings... having a chat with children, hearing children read and helping them with their phonics and spellings too. Mrs. Evans, our Key Stage 2 teacher also provides live teaching lessons for the children. We are trying new ways to reach out to the children at home...It is great to keep in touch via telephone or Zoom, but we really miss being with all of the children and hope it won't be too long before they are back in school again.

It is a different challenge being a teacher at the moment. There is so much about education in the news and lots of things to learn and take on

we all try to keep positive and offer as much support as possible to all of our families.

The natural world continues to amaze us at school...with lots of Bewick's swans, Canada geese and flocks of ducks inhabiting Walmore Common again. Occasionally when we are outside in the playground the wildfowl fly above us...a wonderful sight to behold! We have also begun to notice lots of daffodil shoots poking through the soil in our planters outside. We have experienced several frosty mornings recently though, but the children don't seem to feel the cold and love running around in the fresh air!

I really hope that the lockdown restrictions will ease before Easter...It's such a lovely time of year to be in school... We will have to wait and see how the next few weeks unfold,

*Mrs. Suzanne Loten,  
EYFS and Key Stage 1 teacher*



*"We took the kids to the zoo last week—  
we're going to visit them at weekends"*

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You know you're getting old when you stoop to tie your shoelaces and wonder what else you could do while you're down there

## 100 Years Ago

Not a lot seems to be happening here so far in 2021, so it seemed a good idea to have a look at what was going on here, and elsewhere, in 1921.

The after effects of the First World War were still being felt and relatives of those killed in the war were collecting the medals awarded to their husbands and sons. The difference in literacy levels between then and now becomes clear when one sees several of the records noted "made her mark" rather than being signed.

Another reminder of the war was the competition for the "Tommy's Cup", which had been presented to the Vicar and parishioners at the end of the war by soldiers who had been quartered here. It was in appreciation of the efforts that this community had made to promote their welfare, and they had wanted it to be awarded annually to the winner of a game in which men and women competed on equal terms. Whist was the chosen game and Mr and Mrs Cadle had been the first winners in 1919, while in 1921, it was won by Mr and Mrs Cowles of Brook Farm.

On Armistice Day, bells were rung by A.Ayland, W.T.Hart, A.Allen, J.Gibson, T.Hart and C.Eveness in memory of their fellow bell ringers who had been killed in the war - Frank Allen, Richard Allen, William Gleed and Christopher Warren.

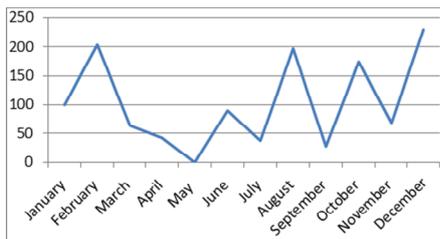
And elsewhere, a Commission fixed the amount Germany was to pay in compensation for the war and Hitler's Stormtroopers had begun to terrorise political opponents. The Irish War of Independence came to an end, the British Legion was formed and the BBC was founded. Oh—and Australia won the Ashes!

*Di Landon*



## Weather Report

The weather in December 2020 was predictably wet and cold but Simon Phelps's weather records show that the wettest day of the year was not in December but in August, when 42.5 mm of rain fell in a single day. However, overall December was the wettest month of 2020 with 230mm of rain, 37mm of which fell on 23<sup>rd</sup> Dec when the flooding caused such problems. The driest month was May with just 6mm of rain. The warmest day of the year was 12<sup>th</sup> August and the coldest night was 21<sup>st</sup> January 2020. The temperature on the warmest December day (21<sup>st</sup>) reached 11.5C but dropped to -5.5C on the coldest night. There were 17 nights with frost and a little snow on the night of 28<sup>th</sup> Dec.



*2020 Monthly Rainfall in mm.*

If a free society cannot help the many who are poor, it cannot save the few who are rich.

*John F. Kennedy*



The Kestrel

...with its pointed wings and long tail, most of us will have seen this wonderful bird flying or hovering steadily over roadside verges and fields. It's our most common falcon, though its numbers were heavily depleted in the 1970s, and although there has been some recovery they are still on the RSPB 'Amber' list. Breeding begins in February, and although their territory may extend to as much as 10 km<sup>2</sup> if food is scarce, it's usually much smaller. Rather than build their own nests, they prefer to use the abandoned nest of another bird, but they are happy to use a hole in a tree or other convenient spot.

Although the kestrel will eat worms, insects, small birds and lizards even, its favourite food by far is the vole. The availability of food governs the bird's ability to produce eggs, and apparently in years where voles are scarce it's not uncommon for some birds to lay no eggs at all, but usually they will produce a clutch of 3-6 eggs.

Once the chicks hatch, the female will brood for around 14 days, the male providing 'room service' with food. Beyond 14 days the chicks no longer need the warmth of mum to keep them at the right temperature, and she too is available to help feed the youngsters. Kestrels have adapted well to make the most of farming operations which may lead to their prey making a run for it. Typically these birds will eat 6-8 voles a day depending on availability and the

energy demands of the bird, as hovering absorbs a lot more energy than sitting on a post waiting for lunch to stroll by underneath. They will even cache their food if they are having a good day hunting.

The eyesight of the kestrel is superb, but it has been discovered in recent years that kestrels have an unusual technique for locating voles, which continually leak urine, leaving a trail behind them. The kestrel's vision is able to detect the iridescent urine trail and follow it to the vole's location.

Despite seeming to have a lot going for them, kestrels live a short and precarious life. On average only about 20-30% of chicks survive to breeding age at two years, and around 4 years is a typical lifespan for adults.

Locally, it's fairly common to see a kestrel somewhere along the A48 between Gloucester and Westbury. When I was commuting to work I could almost guarantee seeing one within a few hundred yards of Walmore Hill School. Here the wind sweeps over the ridge and a kestrel could often be seen hanging effortlessly on the breeze scanning the ground below. Closer to home at Elton I caught sight of a bird just out of the very corner of my eye as I was cutting back brambles. It landed in the grass a few yards away. 'Probably a wood pigeon' I thought, but when I stood up I was looking at a kestrel pinning its prey to the ground. It seemed quite relaxed, but within a few seconds it took off, carrying its 'takeaway' lunch in its talons.

If you're interested in logging the birds in your garden, the Gloucestershire Ornithological Co-ordinating Committee organises an annual bird count which runs from the beginning of January until

the beginning of March. In return for logging the birds you see, you will later receive a report on the results of the survey. If interested contact *Vic Polley* (email: [mvicpolley@tiscali.co.uk](mailto:mvicpolley@tiscali.co.uk)), Telephone: 01453 842896, Hill House, Alderley, Wotton-under-Edge, Glos GL12 7QT. Tim Humphries

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### **Northwood Green Gardening Club**

**O**ur Zoom presentations are proving very popular and in January we had an entertaining talk on the subject of "Plants that should be better known" by a Chelsea exhibitor and former Gardener of the Decade.

The next presentation will be on Thursday 11<sup>th</sup> February: "Fantastic Foliage Plants" by Caradoc Doy. Caradoc trained at Bicton College and Pershore College of Agriculture. He is a professional horticulturist and writer and a Chelsea exhibitor.

Non-members are welcome to join the event for a fee of £3. Please contact [karen.f.johnson@btinternet.com](mailto:karen.f.johnson@btinternet.com) for a link.

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### **Road Closure**

Frewins Lane, Upper Ley will be closed for resurfacing for approximately 5 days (excl. weekends) from Friday 5<sup>th</sup> February to Thursday 11<sup>th</sup> February between the hours of 07:00 to 19:00 each day.

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### **Prejudice**

Everyone is a prisoner of his/her own experiences. No one can eliminate prejudices—just recognise them.

*Edward R. Murrow*

Without the aid of prejudice and custom, I should not be able to find my way across the room. *W.Hazlitt*

## Westbury Sport Football

Mark Landon

**A**s Westbury United's season was placed on hold, Director of Football Tempest, ever the opportunist, spotted a chance to work on his squads fitness levels and issued specific instructions to his team to follow during lockdown based on his own methods, developed over the years of playing county cricket at the elite Over-70 level.

Fortunately for us, a copy has been leaked to the WoSP via the Ecuadorean Embassy and we can share his top tips for the benefit of the wider community.

QUOTE

Westbury United Master Plan For Total Football Dominance (version 12)

*NOTE : DO NOT LEAK TO THE LYING PRESS !!!*

1. Walk to the top of the stairs, forget what you went upstairs for, descend stairs - repeat until you remember what you meant to do in the first place.
2. Go on a 10 mile run... start by walking for 2 miles, get lost, jog 8 miles at an increasing pace trying to remember how to get home before your bladder bursts.
3. Squats - I'll say no more.
4. Dynamic stretching - set alarm, wake up, stretch, fall asleep. Repeat until 10am.
5. Press ups - find nearest elevator, press "up" 10 times, run away from fellow users descending the stairs having waited for the lift.
6. Shuttle sprints - undercook one chicken biryani, wash down with home brew, wait 30 minutes and stand 10 metres from the toilet
7. More squats of course.

8. Resistance training - refuse to do anything when instructed to (midfielders can skip this one as they have already mastered it)

9. High Intensity Training - get very angry, shout at nearest person to you, stamp feet, flap arms, wobble lower lip, throw shoes at wall. Repeat every time something goes wrong.

10. Sit ups - start by falling asleep in a comfy chair. When telephone rings - sit up. Decide to ignore it, fall asleep again. Repeat until bedtime.

UNQUOTE

We look forward to seeing the improvements needed to salvage the season once we eventually get underway again.

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## Rugby



Westbury on Severn RFC's Simon Roberts has been recognised for his hard work at the club.

Well done Si !

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